

June 1, 2005

Get Moving CHFS! Update

By Patricia Boler

This is it. We are nearly halfway through week eight. Congratulations to all Get Moving! participants. You deserve a pat on the back. We hope this initiative has changed your life!

As of May 31, Get Moving! teams had reported more than 115,200 physical activity miles (PAMs). That is equal to nearly 275 trips across Kentucky. Unbelievable!

Captains, please report your PAMs to Joyce Jennings (CHR mailstop 3C-G). There's only one more week of calculations to report. Some of you have been a bit overdue in your reporting, so please message Joyce with any overdue totals.

Don't forget the Get Moving CHFS! Celebration of Success to be held on June 9. Activities begin at 11 a.m. at the main entrance to the CHR Complex.

Keep on moving CHFS!

For the latest PAM report, view the following file.

PAM Report, Week 6, is available at <http://chfs.ky.gov/olpa/dc/focus/fw>.

Get Moving CHFS! Shopping as exercise?

Some team members are getting their PAMs by horseback riding, gym workouts, aerobic classes, building houses and shopping.

Marla's Orphans

Why the name?

"Because our commissioner, Marla Montell, was going to be our team captain until Undersecretary Mike Fields recruited her to be part of his team," said Ann Gordon, now the team captain.

Gordan and team members Debbie Ball, Katie Higgins (soon-to-be Katie Morris) and Sam Rodgers all walk, but all have other exercise routines as well. Debbie, the star



member according to Gordon, rides her horse almost every day. And she's doing a lot of yard and garden work this spring. Katie works out every evening to stay in shape for her wedding dress. Rodgers is an avid golfer. And Gordon, in addition to spring cleaning and yard work, has begun to work out at a gym.

"We're going for the gold," Gordon said. "We want to be the team who wins Undersecretary Fields' challenge of a dinner anywhere in Kentucky for the winning team in his vertical. But actually, we have been pleasantly surprised at how much we've accomplished over the past six weeks."

Blazing Sandals

Team Captain Donna Clinkenbeard said team members Marinda Cummins, Dawn Williams and Wes Swarner are not only walking-team members, they're also Office of Human Resource Management work-team members as well.

"This has been a really positive experience," Clinkenbeard said. "It has increased camaraderie; we root for each other. The team spirit became evident when we turned in 65 PAMs for one week and the report listed 25 PAMs," she said. "It was just a typo, but it incited rebellion among the team."

In addition to walking, Cummins keeps up with her active 3-year-old. Williams participates in her children's activities. Swarner builds houses as a hobby, so he gets lots of physical activity. Clinkenbeard walks on her NordicTrack and "over the Memorial Day weekend, walked 3.6 miles in Nashville's air-conditioned malls."

"None of us has dipped below our starting numbers," Clinkenbeard said. "As a matter of fact, we have always beaten the previous weeks' numbers. Our goal is to keep on walking."

3 Women and a Man

"We've already walked across Kentucky," said Pam Green, team captain, "and we're going to walk back before this is over."

Team members Shawn Dyer, Green, Mavis McCowan, C-Ann Robinson and Cheryl Thompson average about 100 miles per week. All walk and do yard work, but in addition, Dyer jogs, Green works out on her Elliptical machine and McCowan teaches four aerobic classes each week and jogs.

"Mavis is, without doubt, the star of our team," Green said. "The first week she had 40 PAMs, the next week 49 PAMs. But the rest of us are showing improvement every week, too."



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"I think we're all feeling an overall sense of well-being," she said. "Our bodies just feel better."

Joint Effort

Linda Proctor, team captain, is a stellar example for her team and the rest of us as well. She runs four miles five days a week (20 miles) to keep her cholesterol in check, a habit she has nurtured for the past 30 years. "It makes me feel better emotionally, mentally, and physically," she said.

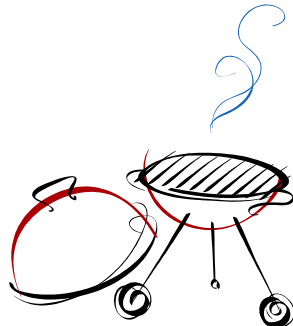
Team members Lyris Cunningham, Mary Sue Flora and Beth Jennings all walk. Cunningham, who had rarely exercised consistently, has increased her activity (and lost 80 pounds over the past months). Flora exercises on a treadmill and stationary bike.

"MHMR did such a good job promoting exercise and building enthusiasm for CHFS Get Moving," Proctor said. "We want to do the same thing next year."

"If everyone would exercise just 20 minutes every day, they would realize how healthy they could feel," she said.

Discount tickets available Monday for Celebration of Success cookout

As part of the Get Moving CHFS! Celebration of Success to commemorate the end of our shared journey toward better health (and, we hope, the beginning of your own long-term, sustained health and wellness journey) the Worksite Health and Wellness Committee will host a cookout June 9 on the CHR Complex grounds.



Discount tickets for the cookout can be purchased from your Get Moving! team captains for \$4 beginning Monday, June 6. The cost increases to \$6 per person on the day of the cookout.

When purchasing your cookout tickets, please specify your entrée preference from the following:

- grilled chicken
- turkey dog
- garden burger or
- hamburger

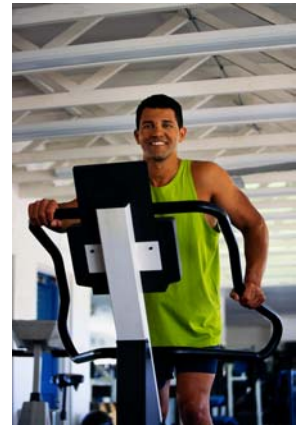
The cookout menu also includes baked beans, cole slaw, fruit and a beverage.

Let your team captain know as soon as possible if you want to make a reservation for the cookout and indicate your entrée preference. Captains will be purchasing cookout tickets for their teams at a meeting at 2 p.m. Monday, June 6.

June is Men's Health Month

"Tips for a Healthy Life" from the Centers for Disease Control and Prevention

- **Eat Healthy** - Have a balanced diet, and watch how much you eat.
- **Maintain a Healthy Weight** - Eat better, get regular exercise, and see your health care provider about any health concerns to make sure you are on the right track to staying healthy.
- **Get Moving** - Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking, or jogging.
- **Be Smoke-Free** - If you smoke, quit today!
- **Get Routine Exams and Screenings** - Routine exams and screenings can help save lives.
- **Get Appropriate Vaccinations** - Protect yourself from illness and disease by keeping up with your vaccinations.
- **Manage Stress** - Protect your mental and physical health by engaging in activities that help you manage your stress at work and at home.
- **Know Yourself and Your Risks** - Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.
- **Be Safe, Protect Yourself** - Take steps to protect yourself and others wherever you are. (Fasten seat belts, apply sunscreen, wear helmets, have smoke detectors and wash your hands!)
- **Be Good to Yourself** - Pay attention to your health, and make healthy living a part of your life.



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The Year of the Healthy Child

In January, Surgeon General Richard Carmona announced his 2005 agenda, "The Year of the Healthy Child." This agenda focuses on improving the body, mind, and spirit of the growing child.



A healthy child begins with a healthy mother. Women should keep themselves healthy, especially when they are considering becoming pregnant. Good pre-pregnancy health includes a healthful diet, exercise, and eliminating tobacco use and alcohol consumption.

In addition to pre-pregnancy health, prenatal care, childbirth and early childhood development are part of the Surgeon General's 2005 agenda.

As a child grows, so does the child's health needs. This year the Surgeon General will address, among other things, immunizations, childhood obesity, illness and injury prevention, healthy indoor environment, mental health, child abuse prevention, drug and alcohol use prevention and safe teen driving.

The following "Healthy Dozen Tips" were released by the Office of the Surgeon General as part of "The Year of the Healthy Child" agenda.

The Surgeon General's Tips for Mothers and Mothers-To-Be:

1. **Eat Healthy.** It's good for you and your baby. Follow the Dietary Guidelines for Americans. Also, every woman of childbearing age should consume at least 400 micrograms of folic acid each day. Folic acid can prevent neural tube defects (including spina bifida) and congenital malformations, which are the leading cause of infant mortality.

2. **Don't drink alcohol when you are pregnant or might become pregnant.** There is no known safe level of alcohol consumption for pregnant women. Alcohol can affect an unborn baby even before a woman knows that she is pregnant, and the problems caused by prenatal alcohol exposure are lifelong. Alcohol-related birth defects are completely preventable, and eliminating alcohol will prevent all alcohol-related birth defects, including growth deficiencies, facial abnormalities, central nervous system impairment, behavioral disorders and intellectual development.

3. **Get prenatal care early.** As soon as you think you may be pregnant, see a health care professional for prenatal care. Continue going for prenatal care during your pregnancy. Immediate and consistent prenatal care can prevent preterm delivery and improve pregnancy and childbirth.

4. **Don't smoke.** And don't allow anyone else to smoke around your baby. Smoking during pregnancy can lead to a low birthweight baby and can reduce your baby's lung function. Even second-hand smoke can have a harmful effect on your baby's breathing and can have long-term respiratory consequences like impaired lung growth, chronic coughing and wheezing. In addition, disorders related to preterm birth and low birthweight are the second-leading cause of infant death. Diseases of the respiratory system (aggravated by second hand smoke) are one of the leading causes of infant hospitalization and infant doctor visits. For help to quit smoking, please visit www.cdc.gov/tobacco/how2quit.htm.

5. **Breastfeed your baby.** Breastfeeding for at least the first six months of life has significant health benefits. Babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses. Mother's milk has just the right amount of fat, sugar, water and protein that is needed for a baby's growth and development. Breast milk has agents called antibodies to help protect infants from bacteria and viruses and to help them fight off infection and disease. For more information, visit www.cdc.gov/breastfeeding.

6. **Place your baby "back to sleep."** A baby should sleep on a firm mattress, on his or her back, with no fluffy pillows or stuffed animals. Following these simple steps can lower the risk of Sudden Infant Death Syndrome (SIDS), the third-leading cause of infant death in the United States.

7. **Always use a car safety seat.** Be sure your baby rides in an age- and weight-appropriate child safety seat, correctly installed, on every trip. If you have any questions about how to install your child safety seat, many local fire and police departments will help you. Children should always ride in the back seat.

8. **Never leave your baby unattended.** To prevent unintentional injuries, the sixth-leading cause of infant death, never leave a baby unattended on a bed or changing table, always use the harness on a stroller or high chair and use baby gates and window guards. Never leave a baby unattended in a bath or near a pool.

9. **Safety-proof your house.** To prevent accidental poisoning, move all medications and cleaning products to

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high shelves. To prevent burns, set the temperature of your hot water heater to 120 degrees Fahrenheit, never leave cups of hot liquid on tables or counter edges and never carry hot liquids or food while holding your child. To prevent choking, be sure that any toys your child plays with do not have small parts that could cause choking. You can test any toy part by simply dropping it through a paper-towel roll or film canister. If it goes through, the piece is too small and could become a choking hazard. Never allow infants to play with balloons or plastic bags. To prevent drowning, install a toilet lid lock on every toilet in the home. Drowning can happen in less than a couple of inches of water

10. **Never, ever shake your baby.** Shaking a baby, even a little, may lead to severe brain damage and death. For more information visit

www.ninds.nih.gov/disorders/shakenbaby/shakenbaby.htm

11. **Fully immunize your baby.** Be sure your baby gets all immunizations on time. Immunizations have prevented death and disease for millions of children throughout the United States and the rest of the world. Talk with your child's pediatrician about keeping up to date on all vaccinations.

12. **Learn infant first aid and CPR.** Be prepared. Know how to call for help and learn infant first aid and CPR. We hope you will never have to use this skill. But if you do, the life you save could be your child's.

CDC recommends Meningococcal vaccine for adolescents and college freshmen

On May 26, the Centers for Disease Control and Prevention (CDC) began recommending routine vaccination of children 11-12 years old, previously unvaccinated adolescents at



high school entry and college freshmen living in dormitories with the newly licensed meningococcal conjugate vaccine (MCV4). The new recommendation is designed to help achieve vaccination among those at highest risk for meningococcal disease. As the vaccine supply increases, CDC hopes, within three years, to recommend routine vaccination of all adolescents beginning at 11 years of age.

CDC recommends routine meningococcal vaccination for young adolescents at the pre-adolescent doctor visit at about age 11-12, and for those who have not previously

been vaccinated, before entering high school at about age 15. CDC also recommends that college freshmen living in dormitories be immunized to reduce disease risk. College freshmen living in the close quarters of dormitories are at a higher risk for meningococcal disease compared with peers the same age who are not attending college. Also, all other adolescents who wish to reduce their risk of disease may elect to receive vaccine.

"This new vaccine can help protect adolescents and college students from meningococcal disease," said Dr. Stephen Cochi, Acting Director of CDC's National Immunization Program. "CDC encourages those at increased risk to take the opportunity to get vaccinated to help protect them from this serious disease."

Meningococcal disease strikes up to 3,000 Americans, killing 300 people every year. Ten to 12 percent of people with meningococcal disease die, and among survivors, up to 15 percent may suffer long-term permanent disabilities including hearing loss, limb amputation or brain damage. The disease often begins with symptoms that can be mistaken for common illnesses, such as the flu. However, meningococcal disease is particularly dangerous because it progresses rapidly and can kill within hours.

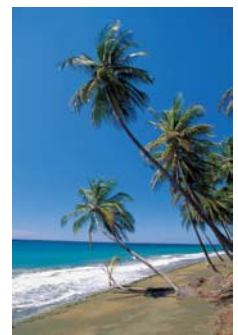
This new vaccine should offer longer protection than previous vaccines, is a single shot and the most common reaction is a sore arm. However, it does not protect people against meningococcal disease caused by serogroup B bacteria. This serogroup of bacteria causes one-third of meningococcal cases in the United States. More than half of the cases among infants under the age of 1 year are caused by type B, for which no vaccine is licensed or available in the United States.

The new meningococcal vaccine was licensed by the U.S. Food and Drug Administration (FDA) on January 14 for use in people 11-55 years of age. It is manufactured by Sanofi Pasteur and is marketed as Menactra.

For additional information on meningococcal disease visit http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm.

Summer is here and the sun is out

School's out for the summer. The kids are filing into your local public pool and folks all across the state are packing up for long-awaited family vacations. The sun's rays are beaming down and they're HOT!



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How can you and your family stay protected and still enjoy frolicking in the sun?

The Food and Drug Administration offers the following tips for being safe in the sun.

Sun Safety Tips:

- Avoid the sun or seek shade from 10 a.m. to 4 p.m. when the sun's rays are strongest. Even on a cloudy day, up to 80 percent of the sun's rays can get through.
- Apply an SPF 15 or higher sunscreen evenly to all uncovered skin before going outside. Check the label for the correct amount of time to apply sunscreen before you go out. If the label does not give a time, allow about 15 to 30 minutes.
- Don't forget to apply sunscreen to your eyelids, lips, nose, ears, neck, hands and feet.
- Avoid getting sunscreen in your eyes. It can sting.
- If you don't have much hair apply sunscreen to the top of your head or wear a hat.
- Reapply sunscreen often. Read the label to see how often you need to reapply.
- Wear protective clothing and a wide-brimmed hat to protect your head and face.
- Wear sunglasses with 99 percent to 100 percent UV protection to protect your eyes.
- Avoid artificial tanning methods such as sunlamps, tanning beds, tanning pills and tanning makeup.
- If you still choose to use sunlamps or tanning beds, follow the manufacturer's recommended exposure schedule and always wear FDA-compliant protective eyewear.
- Check your skin regularly for signs of skin cancer.
- Ask a doctor before applying sunscreen to children under 6 months of age.

SPF, UVR, UVB: What's it all mean?

Decoding Sunscreen Labels

All of the abbreviations and terms on sunscreen bottles can make buying sunscreen confusing. Clip this section and take it with you the next time your family buys sunscreen to help you interpret the labels.

SPF: Sun Protection Factor and the number next to it refer to the degree to which a sunscreen can protect the skin from sunburn. The higher the number, the more sunburn protection the sunscreen can provide. You should use a minimum of SPF 15 and reapply often.

UV or UVR: Ultraviolet radiation from the sun that can cause sunburn, wrinkling, premature aging, and skin

cancer and may also interfere with the body's immune system. Look for "broad spectrum" sunscreens that protect from the two types of UV rays.

UVA Ultraviolet A: is longer wavelength UV radiation that can penetrate and damage the deeper layers of skin even if the skin feels cool and shows no signs of burning.

UVB Ultraviolet B: is the shorter wavelength UV radiation associated with sunburn and other skin damage.

Water Resistant: These sunscreens stay on the skin longer even if they get wet from pool water, ocean water or sweat. But water resistant doesn't mean waterproof. Sunscreens with this label still need to be reapplied. Check the label for reapplication times.

No Smoking at main CHR Complex entrance beginning June 1

Beginning June 1, there will be no smoking at the main entrance of the CHR Complex at 275 East Main Street.

All benches and smoking receptacles have been removed. There will be one smoking urn available beside the visitor entry door, for visitors to deposit cigarettes before entering the building.

Smoking receptacles are available in other designated areas around the building.

If you have questions contact Paul Weber at (502) 564-2640.



Don't forget to complete the Get Moving CHFS! participant survey

The end is nearing for the organized physical activity component of our worksite health and wellness initiative and it's important to measure the success of Get Moving CHFS!

Participants are asked to take part in a survey that will help evaluate Get Moving CHFS! by identifying strengths and weaknesses in the project and ways to improve future efforts.



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The link below can be used to access the survey site. Once there, choose the "Respond to this Survey" button at the top left of the page. After completing the survey, choose the "Save and Close" button, also at the top left of the page, to record your responses.

The information you provide can assist in development of future programs and initiatives. Your thoughts and ideas are important to CHFS!

Take the survey by visiting the following Web site:
<http://oit.chfsnet.ky.gov/sites/Wellness/Survey/Lists/Get%20Moving%20CHFS%20Survey/overview.aspx>

Finally, please remind your team members who haven't done so to complete the online assessment survey to help us evaluate this activity and identify what we did right and how to improve future efforts. The survey can be accessed at:

<http://oit.chfsnet.ky.gov/sites/Wellness/Survey/Lists/Get%20Moving%20CHFS%20Survey/overview.aspx>

This is going to be a busy and very important meeting, so please make plans to attend.

Get Moving CHFS! team captains meeting Monday, June 6

There will be a team captains meeting Monday, June 6 at 2 p.m. in the Health Services Auditorium to take care of some important business in advance of the



June 9 finale event for the Get Moving CHFS! initiative. If you are unable to attend, please designate someone from your team to attend on your behalf.

First, we want to say thanks and recognize your efforts by presenting you all with certificates of appreciation. This activity owes much of its success to the outstanding leadership and support of team captains. We'll also be drawing for door prizes and, while you don't have to be present to win, we very much hope you'll all try to attend.

This meeting will also be the first and best chance for team members to place orders for the cookout being held as part of the June 9 Celebration of Success marking the conclusion of Get Moving CHFS! Before the meeting, please collect \$4 from each member who wants to buy a ticket for the cookout at the discount price (the price will increase to \$6 for those purchasing lunch on the day of the event). Ask members to indicate which of the following options they prefer:

- grilled chicken
- turkey dog
- garden burger or
- hamburger

The cookout menu also includes baked beans, cole slaw, fruit and a beverage.